

**BAKING TRADITION  
BUILDING COMMUNITY**

*Liza Moskowitz (Boston)  
brings Jewish culture and  
connection to Nashville  
through her business,  
Liza's Loaves.*

PAGE 20

*THE  
Rescued*

Spring 2025

GAMMA PHI BETA

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### get in touch

Send us snail mail, join our newsletter and find us on social.



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📷 @gammaphibetasorority    📘 Gamma Phi Beta

🌐 [GammaPhiBeta.org](http://GammaPhiBeta.org)

# DEAR *Sisters*

We're just one week away from **Gamma Phi Gives Day 2025**, and I couldn't be more excited! Since its launch in 2022, Gamma Phi Gives Day has brought our True and Constant sisterhood together for 1,874 minutes – this year from March 25-26 – to raise vital funds in support of our Sorority and all her current and future members.

What makes Gamma Phi Gives Day so special is that you choose where your gift (of any amount!) goes. Whether it's leadership and educational programs, historical preservation, belonging, equity, diversity and inclusion initiatives, scholarships or more, you can direct your support to the area of Gamma Phi Beta that matters most to you.

Match donors play a key role each year by inspiring others with dollar-for-dollar matches for initiatives close to their hearts. On Page 32, you'll learn about two past match donors, Ginny Hammond (Colorado-Boulder) and Margaret Roath (Colorado-Boulder). Their friendship of over 60 years is a testament to the lifelong connections Gamma Phi Beta fosters, and their dedication to Gives Day is equally inspiring.

Like Ginny and Margaret, I hope you'll join us this year for Gamma Phi Gives Day. Together, I know we'll make 2025 our most impactful year yet!

Warmly in **llKE**,

*Barbie Chadwick*

**Barbie Chadwick (Vanderbilt)**  
Foundation Chair



## WHO IS BARBIE?

Barbie Chadwick is serving her first full term as Foundation Chair on the Gamma Phi Beta Foundation Board of Trustees. Previously, she spent three years on the Facilities Management Company (FMC) Board of Managers, including two years as FMC Chair. Barbie has also held several other volunteer roles within the Sorority, including Collegiate Vice President on International Council, member of the Nominating Committee and president of Nashville Alumnae Chapter.

A member of Alpha Theta Chapter at Vanderbilt University, Barbie earned her bachelor's degree in English. She spent more than 30 years in the nonprofit sector before retiring from the Boys and Girls Clubs of Middle Tennessee in 2019.

*Together, we can make  
a lasting difference!*

Join your sisters and donate  
now to Gamma Phi Gives Day.



[Give.GammaPhiBeta.org](https://Give.GammaPhiBeta.org)

# Fundraising Champions

WE ARE  
WOMEN  
BUILDING  
STRONG  
GIRLS



Beta Rho Chapter

Beta Upsilon Chapter

Sigma Chapter

Epsilon Nu Chapter

Beta Lambda Chapter

Delta Eta Chapter

Gamma Phi Beta  
believes in YOU!

Alpha Epsilon Chapter

Zeta Chi Chapter

Zeta Rho Chapter



Collegiate chapters across North America demonstrated remarkable support for our philanthropic partner, Girls on the Run (GOTR), during the 2023-24 academic year, raising significant funds through local councils to advance our philanthropic mission of Building Strong Girls. The list on the next page spotlights the top fundraising chapters of 2023-24, which together raised more than \$417,000 for GOTR, displaying the true power of sisterhood and philanthropy.

To honor their achievements, these chapters received the 2024 Top Fundraising Chapter Award from GOTR International. Many of the awards were presented by local GOTR councils during chapter meetings in January 2025.

Congratulations to these fundraising champions! And a heartfelt thank you to all our chapters for your relentless efforts to support GOTR and embody what it means to be strong women Building Strong Girls!



Gamma Chapter

Beta Chapter

Beta Phi Chapter

Beta Epsilon Chapter

Epsilon Theta Chapter

Zeta Sigma Chapter

Gamma Phi Chapter

Beta Mu Chapter

Eta Xi Chapter

Eta Eta Chapter

Epsilon Iota Chapter

**Beta Chapter (Michigan)**

\$9,206.92 for GOTR  
Southeastern Michigan

**Gamma Chapter (Wisconsin-Madison)**

\$19,217.00 for GOTR South  
Central Wisconsin

**Sigma Chapter (Kansas)**

\$12,555.76 for GOTR  
Greater Kansas City

**Alpha Epsilon Chapter (Arizona)**

\$27,015.72 for GOTR  
International

**Beta Epsilon Chapter (Miami-Ohio)**

\$11,065.21 for GOTR  
International

**Beta Lambda Chapter (San Diego State)**

\$21,485.63 for GOTR  
San Diego

**Beta Mu Chapter (Florida State)**

\$14,260.69 for GOTR  
Panhandle

**Beta Rho Chapter (Colorado-Boulder)**

\$14,493.20 for GOTR  
Rockies

**Beta Upsilon Chapter (Kansas State)**

\$8,536.29 for GOTR  
Flint Hills

**Beta Phi Chapter (Indiana)**

\$22,158.44 for GOTR  
Central Indiana

**Gamma Phi Chapter (Auburn)**

\$26,825.81 for GOTR  
South Central Alabama

**Delta Eta Chapter (California-Irvine)**

\$11,321.98 for GOTR  
International

**Epsilon Theta Chapter (Clemson)**

\$13,354.82 for GOTR  
Upstate South Carolina

**Epsilon Iota Chapter (Christopher Newport)**

\$10,729.75 for GOTR  
Hampton Roads

**Epsilon Nu Chapter (Chapman)**

\$61,231.10 for GOTR  
Los Angeles County

**Zeta Rho Chapter (Texas A&M-College Station)**

\$35,174.11 for GOTR  
International

**Zeta Sigma Chapter (South Carolina)**

\$21,702.17 for GOTR  
Columbia

**Zeta Chi Chapter (Texas Christian)**

\$49,292.83 for GOTR  
DFW Metroplex

**Eta Eta Chapter (South Florida)**

\$16,161.62 for GOTR  
Greater Tampa Bay

**Eta Xi Chapter (Florida)**

\$11,212.43 for GOTR  
Northeast Florida

"This is an incredible honor for our chapter. Every member's dedication shined this year, inspiring the girls we support."

—Chapter President Ally Buisson (Clemson)

GAMMA PHI *Vibes*

Your guide for finding the Gamma Phi Beta aesthetic in everyday places.

**New Year, New Moon Edition**



**Monogram Candle Charms**  
\$20, Anthropologie.com



**Allie Beads Moon Brooch**  
\$68, Anthropologie.com



**Neon Moon Light (Pink)**  
\$12.99, Amazon.com

*Products and prices were compiled in January 2025 and are subject to change.*



**Enamel Moon Ring**  
\$120, BabyGold.com

**Moon and Dots Sheet Set**  
\$59+, WestElm.com



**Moonstone Phone Case**  
\$54.95, Burga.com



**Crescent Moon Earrings**  
\$76, ShopGammaPhi.com



*Both available  
in family  
matching!*

**To The Moon and Back or Luna  
Neutral Pajamas**  
\$34+, LittleSleepies.com

# Honoring the Past, Inspiring the *Future*

Impactful remarks delivered at the 150th Coast-to-Coast Celebration in Syracuse

When Cheryl Gunter (Tennessee-Knoxville), a member of Philadelphia West Suburban Alumnae Chapter, delivered this speech at Gamma Phi Beta's 150th Coast-to-Coast Celebration in Syracuse, New York, it earned a standing ovation from everyone in attendance. Recognizing the speech's powerful message and impact, Gamma Phi Beta leadership felt it was necessary to share her speech with our broader sisterhood, allowing even more members to experience Cheryl's inspiring words.





The Time: Autumn, 1874.

The Place: Upstate New York.

The Characters: Four women students, who shared a love of the poems by Robert Browning.

The Decision: To create a Greek-letter society for women to promote scholarship, friendship, leadership and praiseworthy ideals. At this auspicious occasion, we celebrate their vision and the 150th anniversary of this esteemed society, Gamma Phi Beta Sorority.

#### **The Four Founders**

Today we remember Minnie, as she was known to her friends. She was Mary Alice Bingham, later the wife of Mr. Edward Willoughby – carriage maker – and mother to Ernestine and Francis Daniel. Born August 30, 1856, in Watertown, New York, she died January 14, 1916, and was buried in Rome, New York. Her degree was in painting.

Today we also remember Addie. She was Eunice Adeline Curtis, later the wife of Mr. Frank Curtis – music teacher – and mother to Edward and Kenneth. Born December 22, 1854, in Moravia, New York, she died January 14, 1923, and was buried in Syracuse, New York. Her degree was in music.

Today we also remember Fannie. She was Frances Elizabeth Haven, later the wife of Dr. Charles Moss – classics professor – and mother to Haven, Charles, Anita, Mary and Alida. Born May 27, 1854, in Ann Arbor, Michigan, she died June 21, 1937, and was buried in Urbana, Illinois. Her degree was in painting.

Today we also remember Helen. She was Helen Mary Dodge, later the wife of Rev. J. V. Ferguson, by whose side she faithfully served the Methodist church. Born September 26, 1850, in Verona, New York, she died October 21, 1937, and was buried in Utica, New York. Her degree was in classics.

### Welcome to Women

In 1678, Elena Lucrezia Cornaro Piscopia became one of the first women to earn a university diploma. She then earned both her master's degree and her doctor's degree in mathematics on the same day from the University of Padua, Italy. She was the first woman to have Ph.D. after her name.

In the past 346 years, millions of women around the world – including Minnie, Addie, Fannie and Helen – have followed in her footsteps. In an ideal world, the admission of women to campus would have been celebrated, not condemned. In an ideal world, the accomplishments of women on campus would have been commended, not criticized. In an ideal world, the aptitude of women on campus would have been seen as complimentary, neither contradictory to nor competitive with, that of men. However, as the founders of Greek-letter societies appreciated firsthand, the welcome to women was not always so warm.

Sometimes, the welcome to women has been isolation and indifference.

In 1833, Oberlin Collegiate Institute (now Oberlin College) became the first co-educational college in the United States. In 1841, the institute awarded the first degrees to three female students, who – had they completed their studies prior to this point – would have been awarded diplomas (not degrees) from what was called the “Ladies Course.” We celebrate the opportunities these women had. However, the history of Oberlin noted, “One of the reasons women did not go to college in those days was because they could not become ministers, doctors or lawyers. Most people thought that, because

women became wives, mothers or teachers of young children, they didn't need to learn more about the world. But, at Oberlin, people believed that women could become even better wives, mothers and teachers if they were able to take college classes along with men.” So, note the paradox: At the same time that female students received opportunities to advance, the expectation for their advancement was to broaden their expertise in their honorable and influential traditional roles, not an expansion of their non-traditional roles. Note, also, at that time, not every institution followed the initiative of Oberlin, with admission either denied to women or offered only into the women's branch of a men's institution or into institutions created for women alone.

There is criticism that is constructive, from which we all can benefit. Then, there is criticism that is sometimes comical, sometimes antithetical to common sense and – unfortunately – sometimes cruel.

We learn from the official histories of many Greek-letter societies that women were ridiculed – such as the time that some arrived at a lecture hall for their class only to discover that their hoop skirts were now the lampshades for the suspended chandeliers. We also learn from these accounts that academic institutions that admitted women often faced consequences from their supporters – such as the time a prospective donor said, “. . . I would not have one of your graduates for a wife, for I could





never build even a hog pen without her criticizing it and saying that it was not built on mathematical principles.”

Even some academic administrators shared these sentiments. In his 1869 inaugural address, Harvard College President Charles Eliot stated, “Women’s colleges should concentrate on an education that will not injure women’s bodily powers and functions.” To expand on this, Dr. Edward Clark, noted physician and scholar, in his 1873 publication *Sex in Education*, said, “...a girl could study and learn, but she could not do all this and retain uninjured health, and a future secure from neuralgia, uterine disease, hysteria and other derangements of the nervous system.”

We are thankful that our Founders understood that these attitudes reflected the characters of the insulters, not that of the insulated. Would we have responded to such attitudes and actions with the grace and graciousness of our Founders? Would we have maintained a focus on our higher spiritual, mental and social culture and lived in a fashion consistent with high ideals? I am happy to remind you that the welcome to women did not always descend to this level. Instead, in some circles, women experienced a sincere acceptance and substantial affirmation.

Sometimes, the welcome to women has been instruction and inspiration.

We know from our Gamma Phi Beta history that Syracuse University

– at the insistence of its leadership – welcomed and supported women from the start. Dr. Erastus Haven, father of Fannie, had been president of two universities prior to his appointment as chancellor at this esteemed institution. At each one he had insisted on an egalitarian environment, and he considered it imperative that such an experience be available to women here. Professors Brown and Smalley contributed support in the early days in ways that we continue to celebrate. And two men named Charles – Charles Cobb, who was the pen pal of Minnie, and Charles Moss, who was the eventual husband of Fannie – contributed richly to our history. Their embrace of the values of friendship and fellowship set an influential example for male students at Syracuse University.

Please remember, however, that we know from the official histories of many Greek-letter societies that some resistance to women on co-educational campuses came not from men, as shared in previous examples, but from women themselves. The motivations for their attitudes and actions are varied and, to this day, remain open to examination. With that said, however, we are thankful that the approach of our Founders – sisters inspiring sisters – has continued to influence our personal development for 150 years.

So, as we have seen, the welcome to women who have populated our campus has been disparate. Some aspects of the welcome have been positive, some not. But, if we were to focus solely on the welcome to women, the story would be incomplete, as we also need to remember the response of women to this welcome. Here are some examples of how women transformed the conditions in which they found themselves.



Sometimes, our response has been invitation and inclusion.

Minnie, Addie, Fannie and Helen could have maintained a closed circle. However, in the spirit of charity, they wanted to share their support for each other with other women students at Syracuse University. We remember Clara Worden, later Wilcox, their first pledge, and we celebrate the over 250,000 members who have followed her path into our sisterhood and the Greek-letter and alumnae chapters we have chartered.

An ideal that we have also embraced is that women of different cultural, ancestral and spiritual traditions, as well as women blessed with diverse talents and those whose paths have been shaped by different environments and experiences, can celebrate their shared values. Because of our commitment to know each woman as a distinct individual whose uniqueness can enrich rather than endanger a sisterhood, we have moved closer to the day when every woman who desires a Greek-letter experience can find a place in the Greek world.

Sometimes, our response has been incorporation and illumination.

As more Greek-letter societies broadened their national presence – or, in our case, international presence – the need for more formalized policies and procedures to advance the spirit of “mutual aid and assistance” became apparent. In 1902, seven societies, which included Gamma Phi Beta, created the National Panhellenic Conference (NPC), and now comprises 26 member societies. We are blessed to have had three members of Gamma Phi Beta provide impeccable service

to NPC in the chairwoman role. We are blessed to have had scores of Greek-letter chapter and alumnae chapter members serve as Panhellenic council leaders on their campuses and in their communities. While each of our Greek-letter societies has a distinct history and traditions, our incorporation allows us to illuminate what unites us – the promotion of sisterhood. We are delighted to be present this weekend on a campus that is home to the Syracuse Triad with Alpha Chapter of not one, not two, but three NPC societies: Alpha Phi, Alpha Gamma Delta and our own Sorority.

Sometimes, our response has been ideals and initiatives.

As members, we promise to cherish the ideals and purposes of Gamma Phi Beta Sorority. Our legacy, the legacy of Gamma Phi Beta, is Love, Labor, Learning, Loyalty. Consider each of these.

### **LOVE**

The best description of love may very well be one from almost two thousand years ago. From the letter of the Apostle Paul to the Corinthians: “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.” Our Founders, women of deep faith, embraced and exemplified these characteristics and embodied

love toward sisters.

### **LABOR**

Our Founders created our Sorority with no idea as to what would occur in the decades to come. Their trust in their creation was captured in the words attributed to Henri Nouwen, who said, “The fruits of your labors may be reaped two generations from now. Trust, even when you don’t see the results.” We are thankful that, like Fannie – who founded another chapter, Omicron, at the University of Illinois at Urbana-Champaign – we have had the opportunity to actively participate in the evolution of our Founders’ dream as our circle of sisterhood continues to expand. Their Labor inspires us to invest our own time, talent and treasure into Gamma Phi Beta.

### **LEARNING**

Our Sorority from the start promoted





a special way to demonstrate the lifelong loyalty we have.

**Our 150th Anniversary Celebration**

The Time: Autumn, 2024.  
The Place: Upstate New York.  
The Characters: Friends and sisters gathered here.

The Decision: To celebrate!

While our four beloved Founders are here today only in spirit, imagine how they would react if we could somehow build a time machine and transport them 150 years into the future for this magnificent celebration. Here is how I picture the modern-day versions of our Founders – to whom I refer as our very own “Fab Four.”

learning in an academic context. Gamma Phi Beta continues to be committed to this task and – in this aim – translating the words attributed to Benjamin Franklin into practice: “Tell me, and I forget. Teach me, and I remember. Involve me, and I learn.” We have shown our commitment to lifelong learning with our many creative educational opportunities for our sisters, who are also learning by leading and serving.

**LOYALTY**

At our Initiation, we promised that our friendship with our sisters would be “True and Constant.” We can depend on this loyalty from our sisters, who support us over distance, over time, across differences. As we celebrate our 150th anniversary, what a joy it is to see the intermingling of members representing both Greek-letter and alumnae chapters in an intergenerational celebration. What

**Minnie**

Minnie, known as our “aristocrat” who appreciated the finest the world had to offer, would be our hostess for the occasion. She would ensure that every aspect of our celebration is “just so.” She would plant herself at the door like Joan Rivers on the red carpet to extend a warm welcome to every attendee, as well as a sincere compliment about her attire and accessories – particularly her beautiful crescent badge. She would remind us that, after this event, we should join her for a session of one of her favorite activities, Whist. She would also invite us to join her next Sunday to pursue another of her favorite activities, listening to inspired preaching – which she did at her local Presbyterian church and traveled



considerable distances to do elsewhere. She would remind us to enjoy every moment of every day and to find beauty in every encounter.

**Addie**

Addie, known as our “friend” who celebrated the best in everyone, would provide our entertainment for the occasion. With her beautiful voice, which she used to bless others in her three-decade role as soprano soloist for her local Episcopal church, she would lead us in our choral blessing of our food. She would then coordinate our karaoke session, which would feature a stellar Gamma Phi Beta playlist with such favorites as “Goo- Foo-Boo” and “Flip Flop.” Even those of us reluctant to perform would be persuaded by her kind support to at least have fun – especially if she presented us with cherished friendship bracelets. Later, she would upload our memorable performances to Spotify for the enjoyment of every sister who was unable to be with us here.





A lifelong advocate for education and leadership, Cheryl Gunter (Tennessee-Knoxville) is a distinguished clinical practitioner, scholar, administrator and educator. Throughout her career, she has advanced communication sciences, mentored countless students and empowered women through service and leadership.

Cheryl's dedication to Gamma Phi Beta shines through her volunteerism and unwavering support of the Sorority. In recognition of her exceptional contributions, both within and outside Gamma Phi Beta, she was honored with the prestigious Carnation Award at Convention 2024 in Chicago, Illinois.

She would remind us to cherish our relationships and to embrace every opportunity to support each other.

### **Fannie**

Fannie, known as our "artist" who captured beautiful scenes in her wonderful pastels, which we displayed near the entrance of our former International Headquarters in Colorado, would be our social media coordinator for the occasion. She would certainly want to capture this memorable event for posterity and would frequently ask us to smile for her camera. Afterwards, she would post our memories to Facebook, Instagram, Snapchat and what used to be Twitter – and perhaps even create a TikTok video. She would invite us to "like" and "share" these posts with our own circles of friends and code them with such hashtags as #150Years, #CrescentMoon, #FourFounders and #LoveGPB. She would remind us to explore our creativity and to enrich the world around us – especially by expanding our sisterhood by chartering new chapters and initiating new members.



### **Helen**

Helen, known as our "scholar" who embraced every opportunity to stimulate her mind, would be our mentor for the occasion. She would share a space with us – individually or collectively – over a lovely snack of peanuts and olives and would receive our ideas with respect, after which she would query us to promote consistency and clarity in our insights. With her quietly powerful presence, she would embody every ideal of Gamma Phi Beta and leave

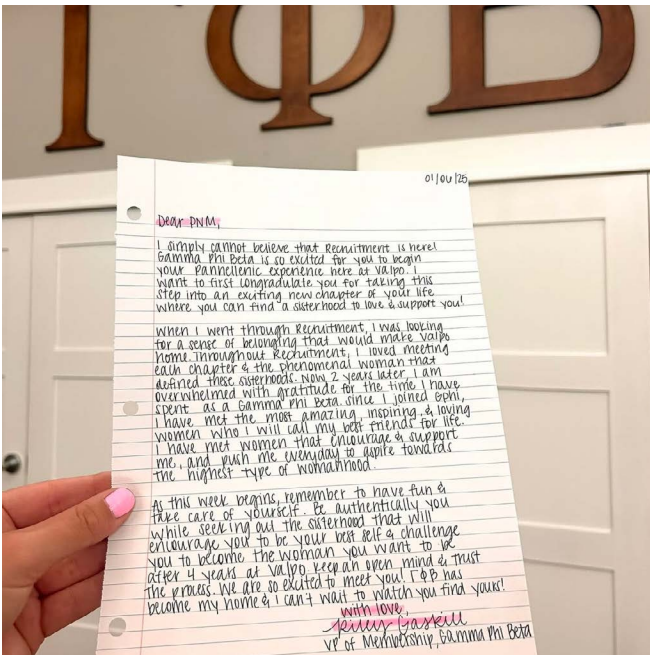


us in awe of her wise counsel and her deep commitment to charity, honesty and decency. In a conversation with her mother, Helen once noted, "If I were a young man, I would never stop short of a college education." Her mother responded, "Why should you as it is?" On this occasion, she would remind us to not stop even short after receiving a college education, but to continue learning in every way every day.

How I wish that I could have met them in person! But, how thankful I am that their vision lives on in each woman in this room.

As we conclude our Syracuse celebration, I am honored to stand before you as a sister who wears the same crescent moon; loves the same forever carnation; and embraces the same ideals as Minnie, Addie, Fannie, Helen, Clara, my sisters from Philadelphia West Suburban Alumnae Chapter and the 250,000 plus initiated sisters of Gamma Phi Beta Sorority. For the opportunity to celebrate the vision – which we have inherited from our Founders – in this special way, I thank you sincerely in the spirit of IIKE. May we continue to cling to the rock on which we are founded and rock our world every day in our own special way!

Happy Birthday, Gamma Phi Beta!



**valpogphi** Some last minute thoughts from our membership VP for all the PNMs starting recruitment week today! Gphi can not wait to see you all so soon! ❤️

# Seen on Social!

A roundup of members' posts that celebrate sisterhood. Here's a snapshot of what our members have been sharing lately.

FOLLOW US ON SOCIAL MEDIA



@gammaphibetasorority



**madeleine\_thron** Spring Bid Day 🤍❤️



**ougammaphi** Celebrating Lunar New Year with MC '23 @jaylyn\_heckert12

"Lunar New Year is a time of renewal, reflection and reunion. It marks the start of a new cycle, bringing hope, prosperity and the chance to honor traditions while embracing new beginnings. To me, it's about cherishing family, expressing gratitude and welcoming good fortune with an open heart. To my family, Lunar New Year is a time of togetherness, gratitude and hope for a prosperous year ahead." 🧧🍀🌸



**gammaphibetasacstate** So much to be thankful for 🍀



**madolyn.watson** Snow place I'd rather be! ❄️



**clemsongammaphi** A look into our girls winter break!! Tag a sister you can't wait to hug 🤗🤗



# Daring Dialogue in Action

## A recap of the fifth annual Belonging, Equity, Diversity and Inclusion (BEDI) Summit

The fifth annual BEDI Summit took place on February 22, 2025, from 9 a.m. to 12:30 p.m. MT, and it was truly a transformative day of learning and growth! Collegians, alumnae, International Headquarters staff, volunteers and family and friends of Gamma Phi Beta gathered online to connect with two inspiring keynote speakers, learn about the latest BEDI updates from Sorority leadership and access exclusive resources. The event brought together a diverse group of attendees – across backgrounds and generations – all united by a shared commitment to fostering a

just, equitable and inclusive Gamma Phi Beta for both current and future members.

Since its inception in 2021, the BEDI Summit has evolved each year, reshaping its programming based on member feedback to deliver relevant, impactful content. This year's summit focused on one central theme: daring dialogue. These are conversations where Gamma Phi Betas engage with honesty, empathy and a deep commitment to listening and learning. Daring dialogues can encompass a wide range of topics, embracing

differing opinions and perspectives, particularly on issues of belonging, equity, diversity and inclusion.

The summit's carefully curated programming, keynote speakers and resources were designed to empower members to engage in these essential, often challenging conversations with their sisters. Our hope is that the summit served as a catalyst for ongoing discussions that extend far beyond this event, inspiring all sisters to embrace daring dialogue in their everyday lives.

## Meet The Keynotes

This year's summit featured two dynamic keynote speakers, both recognized experts in belonging, equity, diversity and inclusion. They shared invaluable insights and actionable strategies to inspire attendees to engage in daring dialogue with sisters. Their expertise enriched the event and empowered participants to continue advancing these vital conversations within our sisterhood and beyond.

### Randi Byrant

Randi Byrant, known as Randi B., is a renowned public figure, speaker, author, host and diversity, equity and inclusion (DEI) disruptor who shakes up the DEI landscape.

Although Randi B. is pro-everyone, she's a proud Black woman who lives her life openly, honestly and candidly. As the visionary behind the Truthing with Randi B. brand, she encourages everyone to live unapologetically in their own truth, just as she does, and learn from the truths of others by having open and honest conversations.

Randi B. also founded Truthing Cards, a conversation-starting game, to help folks grow and bond. With three different versions and 100+ questions in each, this card game ignites engaging conversations on race, privilege, biases, sexuality and more. She hosts the YouTube show "Truthing with Randi B.," featuring live truthing sessions where guests share their truths while playing her card game.

Her impactful book, "Neversays," offers guidance on achieving success in both career and relationships by avoiding certain phrases. With 22 years leading an award-winning change-management company, Randi B.'s expertise spans government clients and Fortune 500 companies across seven countries and 41 states. She has also appeared

at various events and shows and on podcasts, including NBC Bay Area, Black Enterprise's Women of Power Summit and "Roland Martin Unfiltered."

Randi B. isn't just a catalyst but an inspiring force, motivating individuals to embrace their truth and foster a more inclusive world.

Learn more at [RandiB.net](https://randib.net).

Randi



The 2025 BEDI Summit was made possible in part through the support of Gamma Phi Beta Foundation donors. We extend our sincere gratitude to the many generous sisters whose support continues to enable the creation of this impactful programming.



## Sara Lowery

Sara Lowery is a professional speaker and associate director of Fraternity and Sorority Leadership and Learning at the University of Delaware. She speaks to audiences about authentic leadership, mental health and self-love. Sara encourages people to think critically about their leadership journeys and inspires them to be their best, even if they think their walk is a mess! She has shared her messages with many colleges and institutions nationwide.

As a campus-based professional for over 15 years, she develops student leaders by supporting them through their collegiate experience(s) and inspires professionals to craft updated whys, reach their goals and celebrate their results. She enjoys every opportunity she gets to interact with, teach and learn from students.

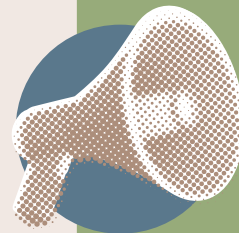
Sara, decorated with numerous awards and accolades, wants her audiences to take away her sense of urgency in helping students become the best versions of themselves. Mentoring holds a special place in Sara's heart. She often shares that without the support and guidance of others, her journey to discovering her true self and achieving real success would have taken much longer.

In addition to her work in higher education, Sara runs her personal company and brand, EMPOWERING U. This initiative is designed to engage with girls and younger

women in various venues, motivating them to find inspiration and empowerment, even during their darkest moments.

Originally from everywhere but nowhere, this military brat currently resides in Salisbury, Maryland, considering Maryland, North Carolina and Philadelphia as her homes. Sara earned her undergraduate degree in philosophy from Salisbury University and her master's degree in education from Texas Tech University.

Learn more at [CampuSpeak.com/Speaker/Sara-Lowery](https://CampuSpeak.com/Speaker/Sara-Lowery).



Coming  
Summer  
2025!

The summer 2025 issue of *The Crescent* will arrive in mailboxes mid-June, featuring articles by Randi and Sarah on strategies for approaching and engaging in daring dialogues. Stay tuned!

Sara



## Daring Dialogue Resources

For those who attended the BEDI Summit, you can continue to explore your companion guide for ongoing learning and resources to engage in BEDI action. If you want to engage beyond the companion guide or were unable to attend the BEDI Summit and are interested in action resources, check out the BEDI Action Resources page of [GammaPhiBeta.org](https://GammaPhiBeta.org). Here is a taste of what that page has to offer.

- Learn science-backed strategies for navigating difficult conversations with the Constructive Dialogue Institute. Practice difficult conversations through the interactive Conversation Simulator.
- Explore the free resources and webinars for workplace leaders from the National Conflict Resolution Center. These resources will help you learn how to navigate and lead challenging conversations in a professional environment.
- Watch the video series “Bridging Differences” from the Greater Good Science Center at the University of California, Berkeley. These videos explore how to build connections across political and ideological divides.
- Read “Preparing Your Team for a Year of Intense Political Polarization” from Harvard Business Review. The authors explore strategies to establish and maintain a productive environment in the face of political disagreement and tension.
- Review the Respectful Dialogues Guide from the University of British Columbia to learn how to prepare for, engage in and follow up after a difficult conversation.
- Explore Key Principles and Best Practices for Engaging Differences from the National Institute for Civil Discourse.
- Explore Insight into Diversity's article, Let's Talk About Race: Difficult Conversations Lead to Courageous Leadership.
- Explore how to better engage in conversations about and fight ageism with Age Without Limits resource: Challenging Ageism Through Everyday Conversations.
- Engage with National Public Radio (NPR)'s article “How to Talk About Disability Sensitively and Avoid Ableist Tropes” to prepare for dialogues on disability.
- Explore how social class (socioeconomic status) can show up and impact the workplace with this Smith Business Insight article, “Does Anyone Want to Talk About Social Class?”.
- To prepare for conversations on the intersection of race and sexuality, explore the Trevor Project's resource: “Black and LGBTQ+: Approaching Intersectional Conversations”.
- Download and explore the Egale Difficult Conversations Guide. This guide is designed to empower you with the knowledge you need to have difficult conversations about 2SLGBTQI experiences in Canada.

To engage in even more BEDI-focused resources, visit [GammaPhiBeta.org/BEDIResources](https://GammaPhiBeta.org/BEDIResources).



## Award-Winning Impact

The BEDI Summit has become the Sorority's signature leadership event, engaging nearly 6,500 attendees since its inception in 2021. In 2024, it was proudly honored with the Elevation in Practice – Impact Award from the Association of Fraternity/Sorority Advisors (AFA). This prestigious award recognizes programs that demonstrate creativity in advancing the modern fraternal movement, with a focus on initiatives that drive meaningful, positive changes in communities. The BEDI Summit also won AFA's Excellence in Educational Programming in 2021 and the Award of Distinction for Best Use of a Foundation Grant from the Foundation for Fraternal Excellence in 2023.



**LIZA'S LOAVES**  
SPECIAL CHALLAH FOR EVERYDAY JOY  
@lizasloaves | www.lizasloaves.com



# Baking Tradition, Building

# Community

**How Liza Moskowitz (Boston) brings  
Jewish culture, connection and joy to  
Nashville – one challah at a time**

## It's March 2020.

Liza Moskowitz (Boston) and her husband, Ben, were still living in Chicago, awaiting their move to Nashville that summer, where Liza would begin the MBA program at Vanderbilt University. With their apartment half-packed and the world at a standstill due to the COVID-19 pandemic, Liza started to feel completely untethered. *What can I even do?* she wondered.

Like many others during the pandemic, Liza considered picking up a lockdown hobby to keep her busy (and sane). *Houseplants? No, I don't have the greenest of thumbs. Crocheting? Maybe in a few decades. Sourdough baking? Hm. I'm onto something.*

As someone who describes herself as “joyfully Jewish,” Liza decided to lean into her cultural roots for her lockdown hobby: challah-making. Challah, a Jewish braided bread traditionally served on Shabbat, the Jewish Sabbath, or during holidays like Rosh Hashanah, the Jewish New Year, and Yom Kippur, the Jewish Day of Atonement, became her clear answer.

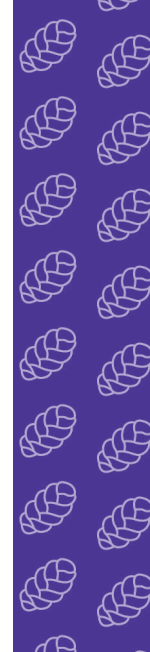
“The challah we know today — often braided — dates back to the 15th century, when Jewish women adopted the practice from their non-Jewish neighbors in Austria and Southern Germany,” Liza explains. “I love that braiding or making challah is traditionally a task completed by Jewish women, as it is a mitzvot, or commandment. While some literal

interpretations of the commandment can feel dated or patriarchal, I like the idea that women are entrusted with making challah, a food that provides sustenance and is shared during meaningful moments with others.”

Like her ancestors before her, Liza took to her kitchen, braiding and baking loaves of challah. The warm, comforting aroma of freshly baked bread filled the space, unlocking memories of her childhood when her mother would prepare the same bread for her family during the holidays.

“While I don't remember baking challah much as a kid, I do remember my mom using a recipe written on an oil-stained piece of paper,” Liza chuckles.

The months passed, and Liza's challah-making skills grew. She took her newfound hobby with her to Nashville, where she and Ben had only recently settled before her first semester at Vanderbilt began. What should have been an ideal time to connect with classmates became anything but normal due to the pandemic. Like most institutions, Vanderbilt had strict COVID-19 restrictions, including social distancing (remember that?) and smaller gatherings. As a result, connection — something Liza longed for during those long, isolating days — was hard to come by. Fortunately, the Jewish community in her MBA program was small enough to meet the University's parameters for safe gatherings.



Joyfully  
Jewish

Liza's  
Loaves

# Liza Moskowitz

Entrepreneur

Southerner

Chief  
Challah  
Officer

Passionate

Community  
Builder







As a self-proclaimed “community builder,” Liza thoughtfully gathered with her new friend group. She helped strengthen their bonds by sharing familiar foods, like her homemade challah, and cherished traditions, such as hosting Shabbat dinners and holiday celebrations. It was this friend group that encouraged Liza to take her lockdown hobby beyond her own four walls and share it widely — with more people from all backgrounds and of all identities and religious affiliation (or lack thereof) through a recipe that spans centuries.

Backed by the support of her family and friends, Liza gained the confidence to officially launch her business: Liza’s Loaves ([LizasLoaves.com](https://LizasLoaves.com)). She also credits the support of another Gamma Phi Beta, Chelsea Smith (Idaho), a microbakery owner featured in the winter 2022 issue of *The Crescent*.

“I reached out to [Chelsea] after I read her article, and I consider her one of my bread mentors!” Liza says.

Liza’s Loaves is committed to sharing something Jewish with as many people as possible in hopes of building a more inclusive and culturally appreciative community for both Jews and non-Jews alike. “We’re about bringing Southern hospitality, thousands of years of Jewish tradition and food together in one place,” Liza adds.

The “we” of Liza’s Loaves is composed of Liza, chief challah braider, and Ben, chief operations officer. “My husband’s responsible for all ingredients inventory and dish washing,” Liza smiles. Together, the couple works in tandem to share

Jewish baked goods with Nashville residents and at local farmers markets. Offerings include Liza's famous challah, cinnamon and chocolate babka (a nod to "Seinfeld"), mandel bread and black-and-white cookies.

Although Liza bakes throughout the year, Rosh Hashanah and Yom Kippur are her busiest seasons. She can be baking for 12-14 hours a day during this time, sharing, "I try to bake as many challahs as possible because I know how important those meals are for the Jewish community."

Now in 2025, Liza and Ben are still in Nashville, embracing the community and connections that have blossomed because of Liza's Loaves. With five years under her belt as a small business owner, in addition to her full-time role as a business management consultant, Liza has learned a lot about what it means to balance it all. Her key takeaways? Being honest and transparent with herself and her customers and prioritizing rest.

"There was a time I'd get home from a week of professional travel, immediately begin baking, go to sleep after midnight and be up and ready to work by 8 a.m. the next day. I was running myself into the ground," she says. "This past summer, I took a big step back from baking because I needed a break. It reminded me that I'd much rather take a break and return to something than quit entirely. Today, I bake when I can and try to let my customers know as early as possible when they can snag a Liza Loaf!"

If she's not in her kitchen, kneading dough and braiding challah, Liza can

be found building community online through her company's Instagram account (@LizasLoaves). There, she offers a behind-the-scenes look at running a small business, shares Jewish culture and fosters connections with her followers.

One of Liza's posts, for instance, is a video of her lighting Hanukkah candles while signing a blessing in Hebrew. The caption of the post reads: *Lighting candles together for anyone who didn't know how, didn't want to light alone, struggled to find their own light, was curious about Hanukkah but too nervous to ask or didn't feel safe to be Jewish inside or outside their homes.*

For this joyfully Jewish entrepreneur, sharing these posts feels both natural and necessary, especially as antisemitism continues to rise. Whether through her loaves, social media presence or everyday interactions, Liza remains devoted to confidently and proudly representing Jewish people and traditions — a faith and culture rooted in connection, tradition and community...and \*chef's kiss\* baked goods.

"Being Jewish and proudly showing it is so important to me, and Liza's Loaves is just one small way I can make an impact in the community I love most."

Fast-forward to 2042. Chief Challah Braider Liza is still doing her thing with Liza's Loaves, spreading joy, culture and community with every order braided, baked, packed and delivered. And Chief Operations Officer Ben? Still doing dishes.





## Knead to Know: Challah Fast Facts



- Challah has evolved over time and wasn't always the sweet, egg-rich bread known today. In medieval times, it was a plain and simple bread.
- The term "challah" originally referred to the portion of dough set aside for holy priests in biblical times. Today, the prayer said when making challah honors this tradition, symbolizing the separation of dough rather than the act of braiding or baking.
- In the late 1800s and early 1900s, Jewish immigrants in the U.S. transformed challah by using affordable ingredients like sugar, eggs and poppy seeds, creating richer, sweeter loaves. The wider availability of yeast also led to larger loaves, both home-baked and commercially produced.
- Braided challah became popular in the 15th century when Jewish women emulated the braided breads of Austria and Southern Germany.
- For Rosh Hashanah, challah takes a round shape, symbolizing the cyclical nature of time and the passage of the year.

# ALUMNAE

## Chapter Sweet Chapter



### CLEVELAND EAST ALUMNAE CHAPTER

When it comes to chapter events, Cleveland East Alumnae Chapter's calendar stands out as especially noteworthy. Chapter President Sarah Watson (Lake Erie) and her executive council are constantly brainstorming and designing events to appeal to a diverse group of members. One such event is the chapter's Young and Young @ Heart Happy Hours.

Created and named by Chapter Vice President Lauren Yanosko (Bowling Green), Young and Young @ Heart brings together members from all stages of their Gamma Phi journey, offering an additional opportunity each month to connect outside of the chapter's main gathering. The event welcomes both "young" members, who have been a part of the alumnae chapter for one to 14 years, and "young at heart" members, with 40 to 60

years of alumnae experience. Sarah and her team strive to host these happy hours at new restaurants or bars around town but often return to the group's favorite spots (see #2 on the next page for details!) or members' homes.

Here's what attendees have to say about Cleveland East Alumnae Chapter's Young and Young @ Heart event:

"Even though there are such a wide range of age differences, we always have fun together and make a connection. We truly appreciate one another."

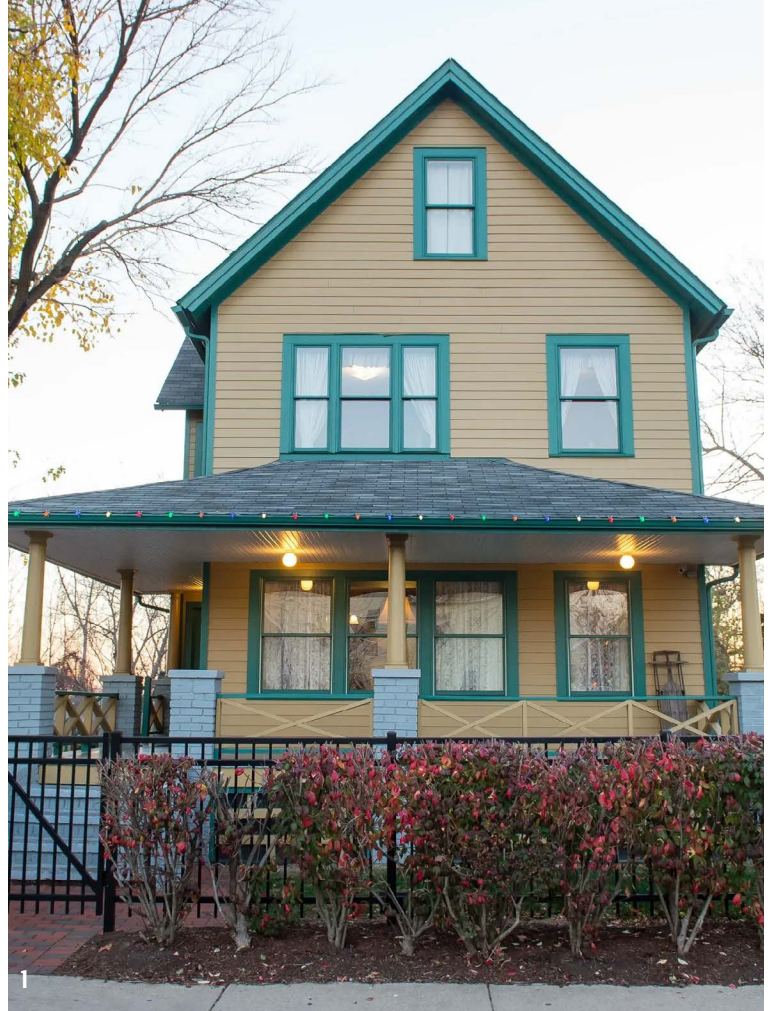
"I feel so grateful to have the younger members because at one point we thought the alumnae chapter wouldn't survive. That's not the case anymore!"

### 1. A CHRISTMAS STORY HOUSE

Located in Cleveland's Tremont neighborhood, the iconic home of Ralphie and his family from "A Christmas Story" has been transformed into a museum, displaying props and behind-the-scenes photos from the beloved film.

### 2. TRIED-AND-TRUE FAVORITES

For Young and Young @ Heart, Cleveland East Alumnae Chapter members love gathering at Wood Room Martini & Wine Bar and Saucy Brew Works.



### CLEVELAND EAST ALUMNAE CHAPTER: *Fast Facts*

**FOUNDED:** 1955 – the chapter will celebrate its 70th anniversary later this year!

**MEMBERSHIP:** 35 active members representing 15 different Gamma Phi Beta collegiate chapters.

# COME ON IN!

## *Front Doors We Love*

The Facilities Management Company (FMC) is your trusted resource for bringing the Gamma Phi Beta brand to life in your chapter facility. (Seriously — just check out past FMC articles in *The Crescent*, starting from 2020!) But why stop at the interior? Your front entryway, and specifically your front door, is the first impression of your home-away-from-home.

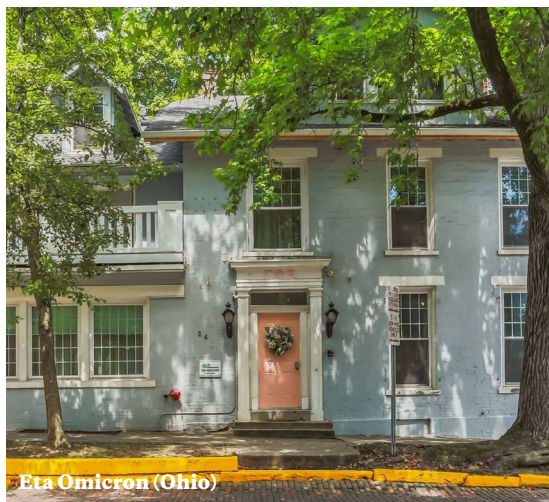
We've rounded up some of our favorite chapter facility front doors, each radiating Gamma Phi Beta style. Let them inspire you to design beyond your facility's four walls. And if you need a little guidance, don't worry — we've got tips to help you on the next page.



Beta Lambda (San Diego State)



Beta Xi (Ohio State)



Eta Omicron (Ohio)



Beta (Michigan)



Gamma Omicron (Kentucky)

# Get Inspired

**Pink Floral Wreath**  
Home Depot, \$40



**Floral Cotton  
Indoor/Outdoor  
Pillow Cover**  
Wayfair, \$62+



**Farah Outdoor  
Stacking Armchair  
(Set of 2)**  
Wayfair, \$299



**Poolhouse by  
Sherwin Williams**  
\$62/gallon+



**Faux Cedar Tree  
Topiaries**  
Wayfair, \$67



**Carnation  
Outdoor Mat**  
Etsy, \$27+



## Gamma Phi Gives Day is Almost Here!

Get ready to make an impact! Gamma Phi Gives Day is an 1874-minute celebration of generosity, giving you the chance to support the areas of Gamma Phi Beta that mean the most to you — be it educational and leadership programs, belonging, equity, diversity and inclusion initiatives, historical preservation, scholarships, Loyalty Grants or more.

Let's unite March 25-26 to celebrate and support the sisterhood that means so much to all of us. Every gift counts, and together, we can make a lasting difference.

Gamma Phi  
**GIVES  
DAY** 



*Margaret and Ginny*

Join Ginny, Margaret and other sisters around the world today in supporting Gamma Phi Beta by donating at **[Give.GammaPhiBeta.org](https://Give.GammaPhiBeta.org)**.

*Sisterhood*



## Gamma Phi Gives Day Match Donors Spotlight

Each Gamma Phi Gives Day, generous match and challenge donors inspire others to contribute by matching donations dollar-for-dollar for initiatives they deeply value or by hosting fun challenges.

Last year, Ginny Hammond (Colorado-Boulder) and Margaret Roath (Colorado-Boulder) pledged an additional \$5,000 when 65 donors in Colorado made a gift of any amount. As a small thank-you, the pair sent handwritten postcards to each of those donors, which turned out to be 68!

“The postcard idea was mine,” Margaret shares with a smile and wink. Ginny adds, “We thought it was a nice touch – something personal and fun, just another way to show our appreciation.”

Ginny and Margaret first met when they joined Beta Rho Chapter at the University of Colorado-Boulder. Margaret, 82, joined the Sorority a year ahead of Ginny, 81, and their friendship has been a constant for 62 years now. Over the decades, the pair — along with their other Gamma Phi sisters — have grown, succeeded, failed, celebrated milestones, overcome challenges, traveled and created lifelong memories, all together.

“The friendship goes everywhere; it’s like a never-ending web,” Ginny says. “It wouldn’t matter where our friends moved or got stationed because we always stayed so close by prioritizing each other and making the time,” Margaret adds.

Ginny and Margaret both reside in Denver, where they often meet for weekly lunches and cheer on the Colorado Rockies at baseball games. Aside from this, they are deeply committed to their community, actively serving on boards and supporting several local organizations they value.

Among the causes they champion are Girls on the Run Rockies, Colorado Symphony Women of Note and Camp Wapiyapi. Together, they are dedicated to making a difference locally and beyond.

And when it comes to Gamma Phi Gives Day, they are always all in...together! The two have participated since the event’s inception in 2022 and will continue their support this year for Gamma Phi Gives Day 2025. Why? To give back to the Sorority that gave them so much.

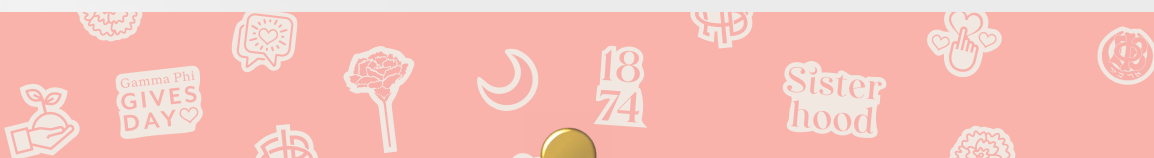
“It’s the give-back for all we were given. We want members to have the same kind of long-term experience we continue to have,” Margaret shares.

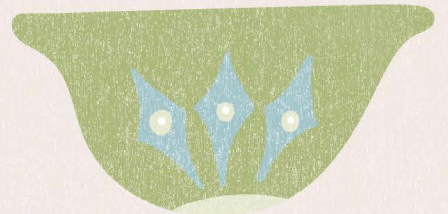
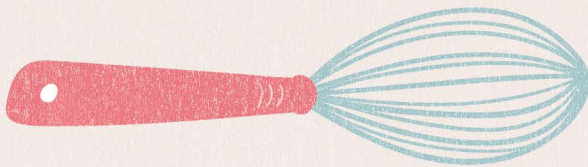
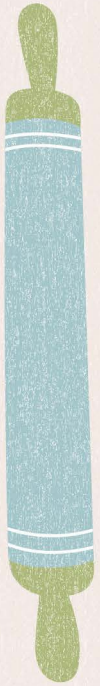
Ginny adds, “We didn’t have leadership training during our time as collegians. What the Foundation and Sorority offer members now is invaluable. It’s paramount that we continue giving women opportunities to strengthen their leadership, confidence and independence — things not always taught in school. Gamma Phi Gives Day makes those opportunities possible.”

Will you join Ginny and Margaret this Gamma Phi Gives Day? Ginny asserts, “Do it! Like Queen sang, ‘Friends will be friends right to the end.’” Margaret adds, “Any amount really makes a huge difference.”

If you do decide to participate, and especially if you live in Colorado, a postcard from these lifelong friends might be in your near future.

“It’s hard to find postcards now, especially in bulk. Thank goodness for Amazon,” Ginny adds, laughing.







# A RECIPE FOR FRIENDSHIP

**Two lifelong friends turn their love for dessert and drinks into a business that celebrates special moments between friends**

The power of female friendship is undeniable. Women have a unique way of carving out spaces, pausing time itself to create shared moments that become part of who we are. A lot of those moments may look inconsequential from the outside looking in — like friends laughing hysterically over lunch, a group packed into a dorm room, getting ready together for a night out, new moms struggling to maintain an adult conversation during a chaotic playdate or long-distant friends catching up on the phone. It's the small, unseen moments that stack up and deepen with time, reminding us that life is brighter when our girls, our ride-or-dies, our sisters share in our own journey.

These words couldn't be truer for Rae Guillermo and Lorrie Popik, both of whom initiated at Gamma Psi Chapter at the University of Northern Iowa in the early '80s. Because they were part of different new member classes

and studying different fields, their moments of connection were rare until after college, when their friend groups converged.

"Our best friends were twins— mine was Jacque Mihm Cayton (Northern Iowa, 1981), and Rae's was Jolene Mihm Galligan (Northern Iowa, 1981). Following graduation, I would come back for visits and get together with everyone, including Rae and another Sorority sister of ours," Lorrie says. Rae adds, "Lorrie always ensured I received an invitation to any event, which I deeply appreciated."

After college, Rae and Lorrie forged separate paths. Now living in Fairfield, Iowa, Rae spent 25 years in the food industry, working in food service management, sales and research and product development with Cargill, a multinational family-owned food corporation. Lorrie, who calls Santa Clarita, California, home, worked as a buyer for Macy's for a decade

before holding various roles in finance, marketing and merchandising during her 22 years at Verizon Wireless.

Despite the distance, Rae and Lorrie — joined by their twin besties and other Sorority sisters — prioritized



*Lorrie (left) and Rae (right).*



their friendship, thanks to Lorrie's superpower for preserving meaningful connections. "Whenever I was back in Iowa to visit, I'd organize 'Girls' Day' with everyone," Lorrie shares. "Those small get-togethers grew into Girls' Weekends, and Homecoming gatherings are now full-on reunions with about a dozen of us. Over time, I developed deeper friendships with sisters, including Rae, who I didn't know as well back [in college], which I now truly treasure."

Rae can attest to Lorrie's dedication, recalling, "Lorrie always made it a point to visit me wherever I lived through the years. I traveled extensively for my company, and getting a call or a visit from her was always refreshing. Her effort to stay connected meant the world to me."

Their get-togethers through the years almost always involved dessert and drinks. Whether they were catching up, supporting each other, laughing until they cried, crying until they laughed, reminiscing together or sharing dreams, they were doing it over their favorite sweets, with drinks in hand. So, when the two retired, they knew they wanted to continue working on something together. That something was staring at them right in the face as they brainstormed ideas over dessert and drinks.

"A 'what if' moment occurred. What if we went into business together and created something that included our favorite things and was perfect for any occasion? And just like that, The Dessert Mixologist was born," Rae explains.

The Dessert Mixologist, established in December 2022 and officially launched in December 2023, inspires people to gather and celebrate any occasion with a decadent cake. The best part? This indulgent cake, which can include your favorite alcohol — and taste just as delicious alcohol-free — bakes in under seven minutes and serves eight. That means more time for friends to focus on cherishing each other's company and creating memories that last a lifetime.

"We help customers be the bakers they want to be, impressing friends who maybe didn't know they could bake," Rae says.

Their company offers two plant-based dry mixes, chocolate and vanilla, as the base for any cake creation.



Add water, oil and/or your favorite beverage, pop it into the microwave for seven minutes and cake is served! Customers can keep it simple or get creative with specialty recipes like Lemonade Cake, Chocolate Coffee Cake, Piña Colada Vanilla Cake, Apple Crisp, Cake Suzette (a play on crepe suzette), Black Forest Cherry Cake and Tiramisu Dessert. These recipes and more are available at [DessertMixologist.com](https://DessertMixologist.com).

In terms of who does what for their business, Rae and Lorrie divide and conquer by leaning into their years of expertise. Rae oversees research and product development, inventory control and distribution, while Lorrie focuses on marketing, merchandising and finance. Together, they form an ideal business partnership. Of course, any business venture presents its challenges, especially when working with a dear friend. But Rae and Lorrie navigate these effortlessly.

“We continue to work through our different perspectives, but our vision

for the company is the same,” Rae says. Lorrie adds, “We compromise, listen to each other’s opinions and provide critical feedback. The business is a priority, yes, but never at the expense of our friendship.”

This company is one with a cause. Calling themselves “mixologists on a mission,” Rae and Lorrie donate a portion of their business profits to the Leukemia and Lymphoma Society (LLS) to support research and the search for a cure. The cause is deeply personal for both women. Rae’s older sister, Lulu, passed away from a rare form of lymphoma. Their twin best friends also fought brave battles with cancer — Jacque lost her fight with leukemia at 45, and Jolene passed from lymphoma at 51. The shared grief brought Rae and Lorrie even closer. Supporting LLS allows them to honor the lives of those they loved and lost far too soon.

“It made sense to us to connect our love for them and the love of celebrations to share their stories,” Lorrie says.

If you attended Convention 2024 in Chicago, you may have visited Rae and Lorrie’s booth in the vendor area. Returning to the organization that first brought them together was a special, full-circle moment for the two.

“[Being at Convention] brought back memories of our young selves starting to create a life after school,” Rae shares. Lorrie adds, “We discovered that regardless of the age or where we went to college, there’s definitely a common thread among us that’s True and Constant!”

So, what’s next for these lifelong friends and their

## What You’ll Need



1 cup of your favorite alcoholic beverage (*optional*)



1/4 cup water



2 tablespoons oil



One package Dessert Mix (*either chocolate or vanilla*)

### Favorite dessert and boozy beverage to accompany it?

**Lorrie:** Tres leche cake using our vanilla mix with coconut rum and topped with fresh strawberries!

**Rae:** Anything with Baileys and Kahlua blended – a mudslide cake! It goes well with either vanilla or chocolate. It can also transform into a vanilla or chocolate tiramisu cake.



# in our HEARTS

We acknowledge the passing of the following members and celebrate their part in our circle of sisterhood. This list reflects notifications received at International Headquarters between November 1, 2024, and January 31, 2025. First, maiden, last names and year of Initiation are listed for each deceased member.



## LILLIAN LARSON HEINE

### ALPHA OMICRON (North Dakota State, 1944)

Lillian Larson Heine lived a life filled with love, service and cherished friendships. Born and raised in North Dakota, Lillian earned a bachelor's degree in education from North Dakota State University, where she joined Alpha Omicron Chapter of Gamma Phi Beta. It was there she forged lifelong friendships and developed a love of playing bridge. Her daughter, Robin Heine (North Dakota), shares, "My mother passed her Gamma Phi Beta pin to me when I was initiated in January 1971. She cherished her time at the chapter house and the sisters she met there." Lillian's warmth, compassion and patience made her an exceptional teacher. She taught high school for 30 years and received numerous thank-you letters from former students. A light in the lives of her family, friends and students, Lillian will forever be etched into the hearts of those who knew and loved her.

**ALPHA (Syracuse)**  
Cynthia Tague Smith, 1971

**GAMMA (Wisconsin-Madison)**  
Jeanette Johnson Reynolds, 1958  
Ellen Cline Sperling, 1959

**EPSILON (Northwestern)**  
Amy Shipper Columbus, 1994  
Frances Koblegard Harcus, 1949

**THETA (Denver)**  
Susan Butterworth Ruble, 1956

**NU (Oregon)**  
Shirley Karsten Talkington, 1951  
Roz Fraser Wyche, 1951

**XI (Idaho)**  
Marjorie Sload King, 1963  
Florence Mendiola Pierce, 1957  
Cecilia Spinazza, 1976

**OMICRON (Illinois at Urbana-Champaign)**  
Florence Beghtol Hull, 1948  
Ruth McElhiney Vanschoick, 1915

**RHO (Iowa)**  
Clara Larson Boyce, 1923  
Suzanne Phillips Hirsch, 1953

**SIGMA (Kansas)**  
Jo Ann Benton Roberts, 1956

**TAU (Colorado State)**  
Kimberly Digby, 1990

**UPSILON (Hollins)**  
Ruth Stone, 1928

**PHI (Washington University)**  
Merian Thiele Green, 1955

**CHI (Oregon State)**  
Marge Gillchrest Bromley, 1951

**ALPHA EPSILON (Arizona)**  
Judy Mitchell Carpenter, 1956  
Ruth Ann Morse Gray, 1960  
Nancy Wilfert Nichols, 1954

**ALPHA ETA (Ohio Wesleyan)**  
Marjorie Greer Howard, 1949  
Betty Cochran Hunt, 1954  
Joan Spoerr Shank, 1949  
Winifred Hansen Stephany, 1963

**ALPHA THETA (Vanderbilt)**  
Renee Darsey Harris, 1977  
Carol Bearden Henderson, 1950

**ALPHA IOTA (California-Los Angeles)**  
Susan Lyman Diamond, 1987

**ALPHA NU (Wittenberg)**  
Paula Yelton Bick, 1972  
Barbara Ehler, 1950  
Bobbie Graham Gouge, 1953  
Carol Stroh Kemp, 1952  
Shirley Arnette Meister, 1939

**ALPHA XI (Southern Methodist)**  
Shirley Trippe Miller, 1951

**ALPHA OMICRON**  
*(North Dakota State)*  
Carma Olson Gerbig, 1970  
Lillian Larson Heine, 1944

**ALPHA PHI** *(Colorado College)*  
Marcia Irving Peteranetz, 1962

**ALPHA CHI** *(William & Mary)*  
Ginger Smith Chambless, 1968  
Gloria Marr Gassman, 1957

**ALPHA PSI** *(Lake Forest)*  
Karen Slater Franklund, 1954

**BETA BETA** *(Maryland)*  
Barbara Hughes Parsons, 1947  
Maria Henderson Wolf, 1968

**BETA GAMMA** *(Bowling Green)*  
Linda Moser Coffman, 1968  
Linda Brewer Fenlon, 1960

**BETA DELTA** *(Michigan State)*  
Dona Wright Becker, 1954

**BETA EPSILON** *(Miami-Ohio)*  
Judith Rogers Chromick, 1956  
Barbara Mohr Hetzer, 1954  
Suzanne Scott, 1956

**BETA ETA** *(Bradley)*  
Harleane Green Stamp, 1950

**BETA THETA** *(San Jose State)*  
Gayle Burriss Plette, 1954

**BETA LAMBDA**  
*(San Diego State)*  
Mary Taylor E'Golf, 1955

**BETA XI** *(Ohio State)*  
Gail Judkin Stolle, 1956

**BETA PI** *(Indiana State)*  
Sally Scarlett Schaper, 1958

**BETA CHI** *(Wichita State)*  
Julie Heft Shultz, 1975

**BETA PSI** *(Oklahoma State)*  
Francesca Waddill Hall, 1958

**GAMMA KAPPA**  
*(Nebraska-Kearney)*  
Janette Kruse Vanderbeck, 1964

**EPSILON THETA** *(Clemson)*  
Kaitlyn McNally, 2023

**ZETA SIGMA** *(South Carolina)*  
Lauren Sweeney, 2022



**KAITLYN McNALLY**

**EPSILON THETA**  
*(Clemson, 2023)*

Born and raised in New Jersey, Kaitlyn McNally was a sophomore at Clemson University studying finance and accounting. In her two short years at Clemson, Kaitlyn was deeply involved in her chapter and several business clubs on campus. Her commitment to excellence earned her a spot on the University's president's list every semester. Dedicated, focused, ambitious, caring, supportive, wise, positive — these are just a few words that describe Kaitlyn and her impact on others. Kaitlyn's legacy of kindness and drive will continue to inspire all who knew her.



**LAUREN SWEENEY**

**ZETA SIGMA**  
*(South Carolina, 2022)*

Lauren Sweeney unexpectedly passed away on January 10, 2025, at 21. Born in Sewell, New Jersey, she grew up in Clayton before moving to Pennsylvania as a teenager. A senior at the University of South Carolina, Lauren studied exercise science and planned to pursue a doctorate in physical therapy at Arcadia University. Lauren was an active member of Zeta Sigma Chapter and participated in several other campus organizations. With a passion for helping others, Lauren expressed genuine care in every interaction, big or small, creating meaningful connections throughout her life.



*Honor a sister with a Memorial gift. To make a Memorial gift, visit [GammaPhiBeta.org/Donate](https://GammaPhiBeta.org/Donate) or call 303.800.2890. View Memorial gifts online at [GammaPhiBeta.org/InMemory](https://GammaPhiBeta.org/InMemory).*

# LIFE LOYAL

Life Loyal is a special program available for all Gamma Phi Beta members to continue their lifelong support of our beloved Sorority beyond their collegiate years while receiving exclusive benefits. This is just one way to continue your lifetime involvement as a member of Gamma Phi Beta while fulfilling your financial obligations with an easy, one-time payment. The dedication of our alumnae members who continue to be involved and financially supportive helps ensure the future of our traditions and sisterhood.

*Thank you to the following sisters who joined Life Loyal between November 1, 2024, and January 31, 2025.*

**ETA (California-Berkeley)**  
Naomi Fujimoto

**KAPPA**  
(Minnesota-Twin Cities)  
Anna Lindeberg

**TAU (Colorado State)**  
Sharon Gallagher Blackstock

**PSI (Oklahoma)**  
Isabel Gruhlke  
Lynn Hofmann Michal

**ALPHA ZETA (Texas-Austin)**  
Virginia Flood Dailey

**ALPHA XI**  
(Southern Methodist)  
Jennifer Bishop

**ALPHA OMICRON**  
(North Dakota State)  
Janet Abrahamson Doerner

**ALPHA UPSILON (Penn State)**  
Laura Deeter Lavoie

**BETA ALPHA**  
(Southern California)  
Elizabeth Kingsley Pitcairn

**BETA KAPPA (Arizona State)**  
Kerri Tyers Sydell

**BETA LAMBDA**  
(San Diego State)  
Catherine Schaffer Bohlen

**BETA PI (Indiana State)**  
Lori-Anne Mahan Harley  
Tiarra Lett

**GAMMA GAMMA**  
(Wisconsin-Milwaukee)  
Nora Harryman

**GAMMA ZETA**  
(East Texas A&M)  
Makenna Eckstein

**GAMMA MU**  
(Moorhead State-Moorhead)  
Rachel Braaten Bergquist

**DELTA MU (Rutgers)**  
Petra Van Ouwkerk Strickland

**EPSILON ALPHA (La Salle)**  
Sarah Kennedy

**EPSILON PI (George Mason)**  
Erica Schroeder

**ZETA THETA (Pepperdine)**  
Jamyla McAdoo Willer

**ZETA SIGMA (South Carolina)**  
Lyann Humphreys

**ZETA CHI (Texas Christian)**  
Rebekah Penley Boswell

**ETA BETA (Florida Southern)**  
Avery Standifer

**ETA ETA (South Florida)**  
Anna Goedert

**ETA LAMBDA (Central Florida)**  
Annie Allred  
Cynthia Fonseca

**ETA MU (Duke)**  
Brittany Day

**ETA RHO (Nevada-Las Vegas)**  
Ashley McCoy



Sponsor a Senior allows you to celebrate a graduating Gamma Phi in the best possible way. You can gift a sister with her first-ever international alumnae dues payment (\$40) for the next fiscal year or with a Life Loyal membership (\$375), fulfilling a member's international alumnae dues for life. Either way, the recipient will be at ease, knowing her financial obligations to the Sorority are taken care of as she transitions from a collegiate member to an alumna. For frequently asked questions and to sponsor a senior today, visit [Bit.ly/GPBSponsorASenior](https://bit.ly/GPBSponsorASenior).



The image shows four young women, members of the Gamma Phi Beta sorority, standing outdoors in front of trees. They are all smiling and wearing white, short-sleeved, knee-length dresses with pink sashes. The sashes have the Greek letters ΓΦΒ and the text 'CLASS OF 2024' printed on them. The background is a lush green outdoor setting with trees and a building in the distance.

# Sponsor a Senior

**Recipe**

*Sour Cream Coffee Cake*

TITLE  
Gamma Phi Beta

FROM THE KITCHEN OF \_\_\_\_\_

PREP TIME: \_\_\_\_\_  
TOTAL TIME: \_\_\_\_\_

NOTES \_\_\_\_\_

**Batter:**

- 2 sticks salted butter
- 2 cups granulated sugar
- 2 eggs
- 1 cup sour cream
- 1/2 teaspoon vanilla extract
- 2 cups sifted cake flour

**Filling:**

- 1/2 teaspoon baking powder
- 1/2 cup chopped nuts of choice
- 1/4 cup brown sugar
- 1 teaspoon cinnamon

DIRECTIONS

Preheat oven to 350°F and grease a bundt pan. Cream the butter and sugar until fluffy, then beat in the eggs, one at a time. Fold in the sour cream and vanilla. Sift together the cake flour and baking powder in a separate bowl, then gradually add to the butter mixture, mixing until combined. In a separate bowl, mix the filling ingredients together. Then, pour half the batter into the pan, top with the filling and cover with the remaining batter. Bake for 50-60 minutes, or until a toothpick comes out clean. Cool for 20 minutes, then turn out onto a wire rack to cool completely.

RIFLE PAPER CO.



1979

Food, like music, is a universal language that brings people together to celebrate family — whether by blood or choice — and honor cultural and religious traditions. Passed-down recipes serve as portals to the past, connecting us to our roots and ancestors while keeping their stories alive.

Gamma Phi Betas understand this well, preserving cherished traditions and memories through food. Members from around the world have shared

their favorite recipes, leading to the publication of numerous cookbooks. One such gem is “Ladyfood: A Collection of Recipes Enjoyed by Ladies and Gentlemen,” first printed in 1979 and lovingly compiled by Dallas Alumnae Chapter with contributions from Gamma Phi sisters across the globe. Filled with recipes that reflect the heart and creativity of its contributors, here’s just one of its many delicious offerings — enjoy!

## International Headquarters

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## Parents

While our members are in college, their copy of *The Crescent* is sent to your home address — we hope you enjoy reading our magazine, too! If your daughter is no longer in college, or is no longer living with you, feel free to send us her new address by emailing [thecrescent@gammaphibeta.org](mailto:thecrescent@gammaphibeta.org).

## Join Our Green Team!

Receive each issue of *The Crescent* before everyone else by going digital! We'll send the current issue directly to your inbox so you can enjoy it anywhere you go. Email [thecrescent@gammaphibeta.org](mailto:thecrescent@gammaphibeta.org) today to let us know you're joining The Green Team!

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## Looking to connect with a sister?

Visit [GammaPhiBeta.org/Find-A-Member](http://GammaPhiBeta.org/Find-A-Member) for a full directory of Gamma Phi Beta members!

# GAMMA PHI BETA JEWELS!

**Add to your collection, or give as a gift!**

- A. Kendra Scott | Elisa Necklace, #ELISA
- B. Isla Necklace, #ISLA
- C. Kylie Bracelet, #KYLIE
- D. Josie Ring, #JOSIE
- E. Forever Ring, #001RS
- F. Classic Monogram Charm with Snake Chain, #3433A, #004
- G.\* Polished Badge with Pearl Phi and Diamond Points\*, #0103/0104D
- H. Crest Guard, #9005
- I. Graduating Senior Dangle, #0050
- J. Chapter President Dangle, #001A
- K. Scholarship Pearl Dangle, #0041

**HJGreek.com/GPB**

\*All badges must be ordered through Gamma Phi Beta's HJ Chapter Purchasing Center.



**HERFF H JONES.**

Gamma Phi  
**GIVES  
DAY** ♥

**Gamma Phi  
Gives Day is  
March 25-26**

*Together, we can make  
a lasting difference!*

Join your sisters and donate  
now to Gamma Phi Gives Day.



[Give.GammaPhiBeta.org](https://Give.GammaPhiBeta.org)